



Apple & spice tealoaf

 Vegetarian

READY IN



100 min.

SERVINGS



10

CALORIES



354 kcal

SIDE DISH

Ingredients

- ☐ 175 g butter for greasing
- ☐ 175 g muscovado sugar light
- ☐ 3 large eggs beaten
- ☐ 1 apples
- ☐ 1 tsp vanilla extract
- ☐ 200 g fruit mixed dried
- ☐ 85 g almond flour
- ☐ 1 tsp double-acting baking powder

- ☐ 175 g flour plain
- ☐ 1 tsp cinnamon
- ☐ 0.5 tsp nutmeg
- ☐ 1 tablespoon orange juice
- ☐ 1 tbsp apricot preserves

Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter a 900g/2lb loaf tin and line with a strip of baking paper, or use a loaf tin liner (see tip, below). Beat together the butter and sugar until pale and creamy, then beat in the eggs one by one. Grate half the apple and mix it into the batter with the vanilla, dried fruit and ground almonds.
- ☐ Mix the baking powder, flour and spices together with a pinch of salt, then fold into the mix until even. Spoon into the tin and level the top.
- ☐ Thinly slice the remaining apple half, toss with the lemon or orange juice, poke the slices a little way into the batter, then sprinkle with 1 tsp more sugar.
- ☐ Bake for 45 mins, then turn the oven down to 140C/fan 120C/gas
- ☐ Cover the cake with foil, then bake for another 45 mins until a skewer inserted into the middle comes out clean. Cool in the tin.
- ☐ To finish the cake, melt the marmalade or jam in a small pan, sieve to remove any lumps, then brush it over the cake to glaze the top.
- ☐ Serve cut into thick slices, and spread with a little butter, if you like. Will freeze for up to 1 month.

Nutrition Facts



PROTEIN 6.44% FAT 49.77% CARBS 43.79%

Properties

Glycemic Index:37.6, Glycemic Load:10.56, Inflammation Score:-4, Nutrition Score:6.0795652451723%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 354.29kcal (17.71%), Fat: 20.1g (30.92%), Saturated Fat: 9.83g (61.41%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 37.49g (13.63%), Sugar: 22.63g (25.14%), Cholesterol: 93.43mg (31.14%), Sodium: 189.92mg (8.26%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 5.85g (11.7%), Selenium: 10.97µg (15.68%), Vitamin A: 596.93IU (11.94%), Folate: 41.35µg (10.34%), Vitamin B1: 0.15mg (10.12%), Vitamin B2: 0.17mg (10.12%), Manganese: 0.2mg (9.86%), Iron: 1.7mg (9.43%), Fiber: 2.3g (9.21%), Calcium: 80.16mg (8.02%), Phosphorus: 68.76mg (6.88%), Vitamin B3: 1.18mg (5.9%), Vitamin E: 0.62mg (4.11%), Vitamin B5: 0.37mg (3.73%), Copper: 0.07mg (3.46%), Potassium: 111.33mg (3.18%), Vitamin C: 2.32mg (2.81%), Vitamin B12: 0.16µg (2.72%), Vitamin B6: 0.05mg (2.67%), Vitamin K: 2.73µg (2.6%), Magnesium: 10.28mg (2.57%), Zinc: 0.37mg (2.48%), Vitamin D: 0.3µg (2%)